

CYCLING GUIDE TO NUTRITION

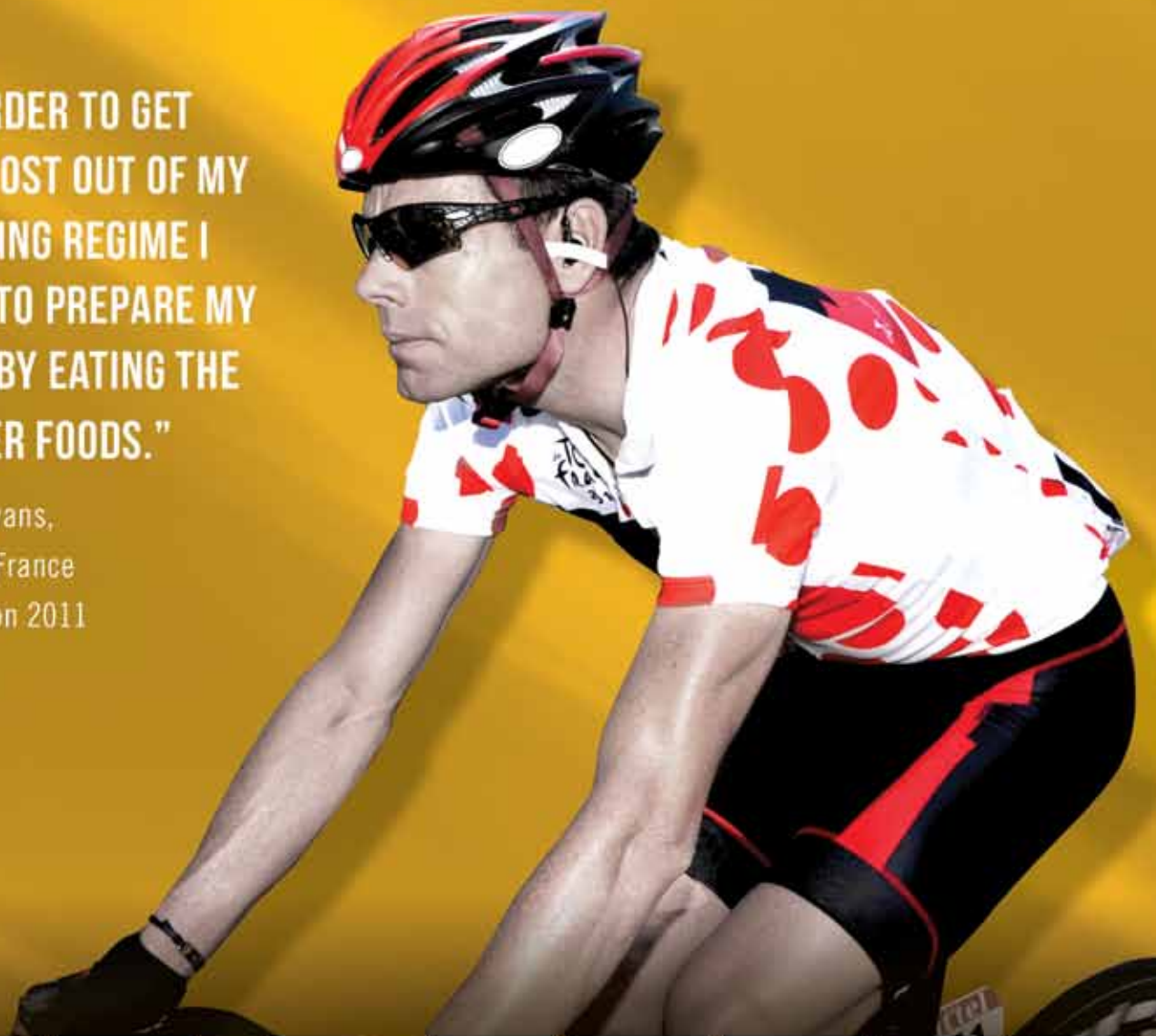
FIND OUT HOW
CYCLISTS
APPROACH
THEIR DIETS

Winners
Sports Nutrition



“IN ORDER TO GET THE MOST OUT OF MY TRAINING REGIME I NEED TO PREPARE MY BODY BY EATING THE PROPER FOODS.”

Cadel Evans,
Tour De France
Champion 2011



GET BETTER

Cadel Evans uses and recommends Winners Sports Nutrition



Winners

www.winnersbars.com

WE EAT FOOD TO PRODUCE ENERGY, STIMULATE GROWTH, AND PROTECT OUR HEALTH.

FOOD CONTAINS THE FOLLOWING KEY NUTRIENTS:

ENERGY

CARBOHYDRATES Are in high quantity in bread, pasta, cereals, fruit, sweets and soft drinks.

HOW IT HELPS YOUR BODY: Our body transforms these carbohydrates into glucose (blood sugar). Your body uses this sugar as fuel for your cells, tissues and organs. It stores excess sugar in your muscles and liver for when it is needed.



GROW

PROTEINS Are high in poultry, beef, fish and dairy foods.

HOW IT HELPS YOUR BODY:

Protein assists the body in repairing and growing muscle tissue.



BALANCE - PROTECT

FATS Nuts, fish, avocados, olive oil.

HOW IT HELPS YOUR BODY: Good fats protect your body's cells and heart. They also keep your body temperature stable and maintain healthy skin and hair.



A Cyclist's diet needs to be a balance of

01 CARBOHYDRATES

(FOR ENERGY)

02 PROTEIN

(FOR MUSCLE REPAIR AND GROWTH)

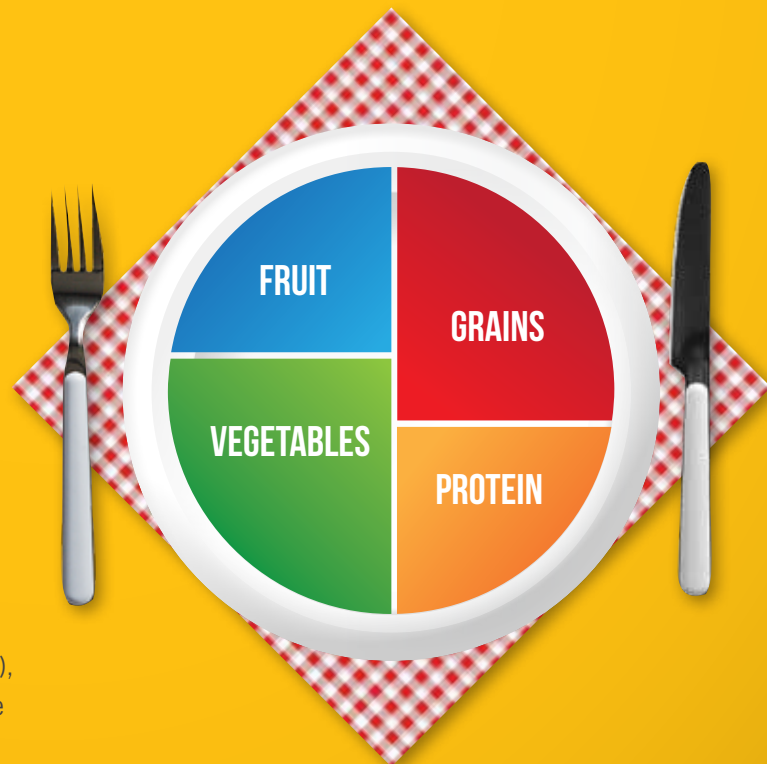
03 GOOD FATS

(TO PROVIDE BALANCE AND PROTECTION TO THE BODY)

LOOK AT THE PLATE TO SEE THE RIGHT MIX FOR A HEALTHY MEAL...

FOR A BALANCED MEAL:

- Make half your plate fruit and vegetables.
- Lean protein in the form of beef, poultry, fish, dairy or legumes should make up about a ¼ of your plate. For instance, a piece of meat should be about the size of your fist.
- Grains in the form of rice, pasta, bread and starchy vegetables such as potatoes should make up the rest of your plate.
- Try to add good fats in the form of olive oil (uncooked), avocado and nuts to your plate. Fish is a great source of both protein and good fats.



A CYCLIST SHOULD EAT MEALS WITH A GOOD BALANCE OF WHOLEGRAINS, FRUIT, VEGETABLES AND PROTEIN.

BREAKFAST



OATMEAL WITH MILK & BANANA (ADD A TABLESPOON OF PROTEIN POWDER)

LUNCH



WHOLEMEAL ROLL WITH TUNA & SALAD WITH AN APPLE

DINNER



GRILLED CHICKEN BREAST WITH RICE & VEGETABLES

MY NUTRITION

Regular cyclists have to balance the demands of everyday life with the need to train and eat right to ride well. Here are some ways our Winners riders meet the challenge.



ANDREW FELL

MOUNTAIN BIKING
CRITERIUMS
ROAD RACING

“Healthy eating for me and my family is a lifestyle choice; in order for nutrition to work properly it has to be an everyday thing.”



TIP: I avoid highly processed foods and foods high in trans fats and sugar.



DANIEL OYSTON

CROSS COUNTRY
MOUNTAIN BIKING

“(Nutrition) is very important. You need to have good fluid and energy for cross country mountain biking.”

TIP: No grog or take away during the week.



SARAH MCKAY

TRIATHLON

“I love food. I love cooking and I love eating. I try to keep my meals low in fat, but besides that I don’t have many restrictions.”

TIP: I keep a stash of Winners Gym protein bars in my desk drawer for snacks.



“As a cyclist I need to view the food I eat as fuel for performance, but I also love good food. Thankfully some of my favourite foods are carbohydrate rich and perfect for pre ride nutrition.”

Cadel Evans, Cycling Champion



01

PRE RIDE NUTRITION



Pre ride nutrition should ensure the body provides a steady stream of energy to your muscles and mind as you ride. The best source of sustained energy comes from carbohydrates.

CARBOHYDRATES ARE COMPLEX AND SIMPLE

THE TWO MAJOR SOURCES OF CARBOHYDRATES ARE REFERRED TO AS COMPLEX AND SIMPLE

SIMPLE CARBOHYDRATES are found in processed foods such as white bread, fruit juice and milk as well as table sugar, lollies and sweetened soft drinks. They are easily digested and enter your bloodstream rapidly providing a quick boost of energy.

COMPLEX CARBOHYDRATES are found in unprocessed foods, such as fruits, vegetables, whole grain foods and legumes. They are slower for the body to break down and thus provide sustained energy over a period of time. They are considered Low GI.

EAT LESS



EAT MORE



GLYCOGEN

CARBOHYDRATES ARE STORED IN THE BODY AS GLYCOGEN – EITHER IN MUSCLES OR THE LIVER.



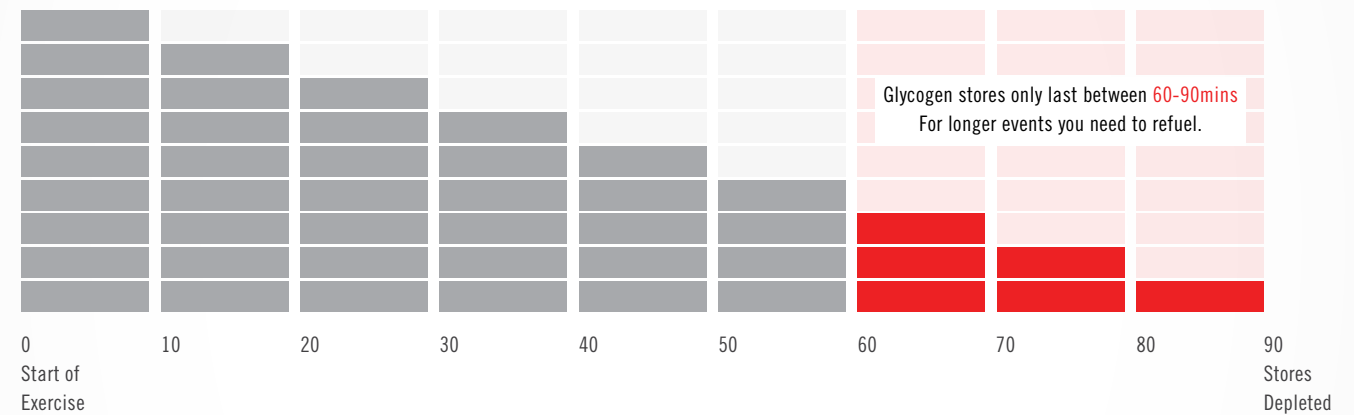
CHOOSE COMPLEX CARBS TO FILL YOUR GLYCOGEN STORES AND PROVIDE SUSTAINED ENERGY

LIVER GLYCOGEN

stores are used by all parts of the body, including the brain, and deplete rapidly.

MUSCLE GLYCOGEN

stores can only be used by the muscle in which it is stored and last around 60-90 mins.



FOR OPTIMUM PERFORMANCE BOTH LIVER AND MUSCLE GLYCOGEN STORES NEED TO BE FULL PRIOR TO EXERCISE

PREP FOR IGNITION WINNERS BARS

WINNERS ENERGY BARS combine natural complex carbohydrates such as oats, rice, nuts and grains, to give you that long lasting energy to consistently perform at the highest level.



01

PRE RIDE NUTRITION

The aim of pre ride nutrition is to prepare the body for exercise, keep hydrated and top up the body's glycogen stores. Here are some meals recommended by our riders.



PRE RIDE DINNER

SEAN CONNELL

PASTA COI BROCCOLI – PASTA WITH BROCCOLI, GARLIC, OLIVE OIL AND PECORINO TOSCANO (ITALIAN EWE'S MILK CHEESE).



PRE RIDE BREAKFAST

ANDREW FELL

PORRIDGE WITH BANANA AND PLENTY OF WATER.



PRE RIDE SNACK

DANIEL OYSTON

CADEL'S MOUNTAIN MIX, WATER WITH ELECTROLYTES AND SOME GELS.



“THE RIGHT SORT OF NUTRITION IS IMPORTANT TO ANYONE THAT IS ACTIVE AND IN MY SPORT IT CAN BE THE DIFFERENCE BETWEEN WINNING AND LOSING”

Cadel Evans,
Tour De France Champion 2011



GET BETTER

Cadel Evans uses and recommends Winner's Sports Nutrition



Winners

www.winnersbars.com

FUEL FOR ENDURANCE



Carbohydrate stores don't last forever. Refuelling whilst on the bike can mean the difference between winning a race and not finishing at all.

FATIGUE IS CAUSED WHEN ENERGY STORES ARE DEPLETED.

If you don't top up, glycogen stores will run out after 60-90 mins and fatigue will set in. Consuming carbohydrates from the beginning of the race will help keep your glycogen stores at the same level and help you to stave off fatigue.



CONSUME 30-60g OF CARBS PER HOUR OF EXERCISE

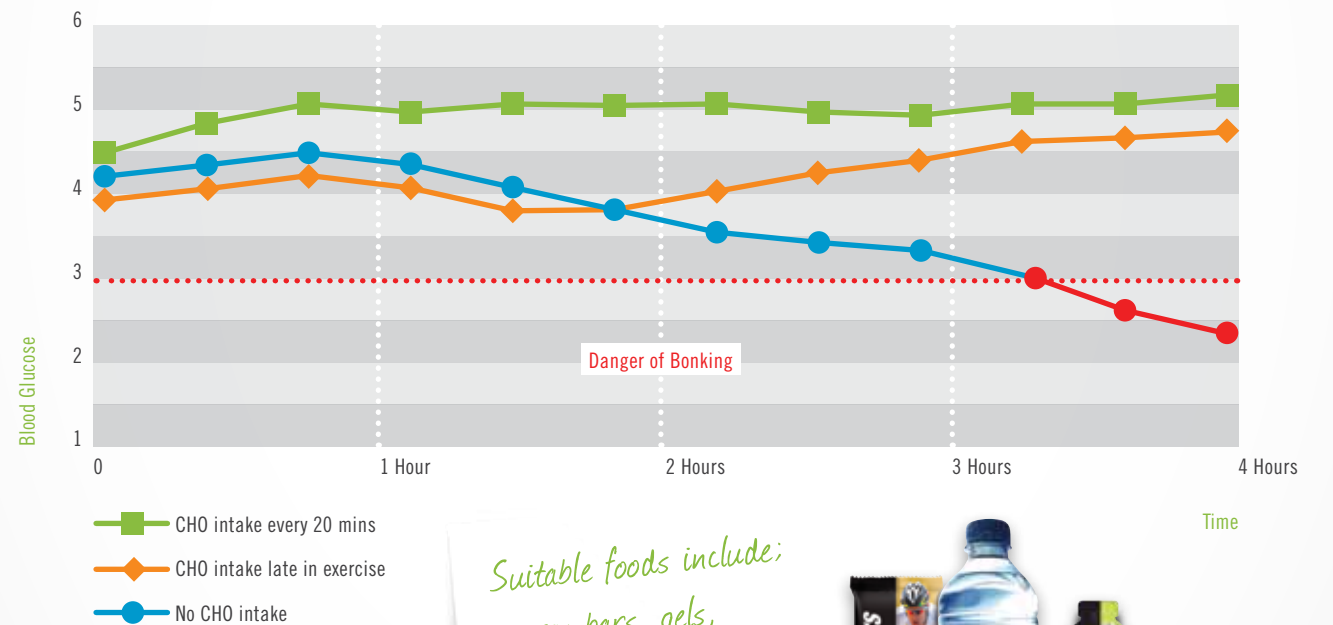
GELS REPLENISH DEPLETED ENERGY STORES

Winners Energy Gels are an easily digestible carbohydrate that can be used during training and races. Specially developed for endurance athletes, they deliver the right mix of nutrients in one convenient package. They are a fast acting source of carbohydrates that can help prevent fatigue during a ride. The gels are also an alternative to solid food and don't leave the rider feeling sluggish or "full" afterward.



HOW TO FIGHT OFF SPORTS FATIGUE

CONSUMING ENERGY FOODS EVERY 20 MINS DURING A RIDE HELPS YOU MAINTAIN YOUR ENERGY STORES AND RIDE STRONG BEYOND ONE HOUR.



Suitable foods include; energy bars, gels, chews, sports drinks and fruit



BONKING

The greatest fear of cyclists is to "Hit the Wall" or "Bonk" - a condition of overwhelming fatigue caused by the depletion of glycogen stores in the liver and muscles. Without glycogen the body must use fat to produce energy, slowing the rider to a snail's pace and causing reduced cognitive ability. Bonking is easily avoided by having an on the bike nutrition plan.

Energy products are common practice in cycling nowadays. Here is our guide to what they are and how to best use them.

ENERGY PRODUCTS



ENERGY BARS

Energy bars are made from a mixture of cereals, nuts, seeds, currants and berries. They provide sustained energy during exercise and are good for pre ride carbohydrate loading.

DIRECTIONS FOR BEST USE

- Eat pre ride, early in ride and post ride.
- Use as healthy snack day to day.



ENERGY GELS

Energy gels are a thick liquid substance made of simple carbohydrates, as well as electrolytes. They are easily broken down by the body and provide a quick way to top up energy stores. The electrolytes play a role in maintaining body function and mental performance.

DIRECTIONS FOR BEST USE

- 10-15 mins prior to exercise: Consume one sachet.
- During exercise: Consume one every 30-45 mins with fluid.



ENERGY CHEWS

Energy chews combine a mix of simple carbohydrates, electrolytes and vitamins to provide an instant energy boost to counter the effects of sports fatigue and maintain body function.

DIRECTIONS FOR BEST USE

- 15 mins prior to exercise: Consume four chews.
- During exercise: Consume every 30 mins with fluid.

“WINNERS ENERGY PRODUCTS HAVE DEFINITELY HELPED ME TO IMPROVE MY PERFORMANCE IN RECENT YEARS. BUT THE GOOD THING IS THEY ARE NOT JUST FOR ELITE ATHLETES, THE SUSTAINED ENERGY BOOST THAT THEY PROVIDE WILL BENEFIT ANY ACTIVE PERSON.”

Cadel Evans,
Tour De France Champion 2011



GET BETTER

Cadel Evans uses and recommends Winners Sports Nutrition



Winners

www.winnersbars.com

FUEL FOR ENDURANCE



Discover the eating habits of the professionals and how some of our riders fuel during a ride.

EAT LIKE A PRO

Professional cyclists learn quickly the importance of eating consistently throughout a ride. In long races like the Tour de France one bad day can see your chances of success slip away. Riders in the peloton eat a variety of energy products and keep hydrated to ensure they ride strong right to the finish. This is a guide to what a typical rider would eat on a bike during a stage in one of the grand tours. Daily intake will vary depending on the rider, as well as the length and difficulty of the stage.

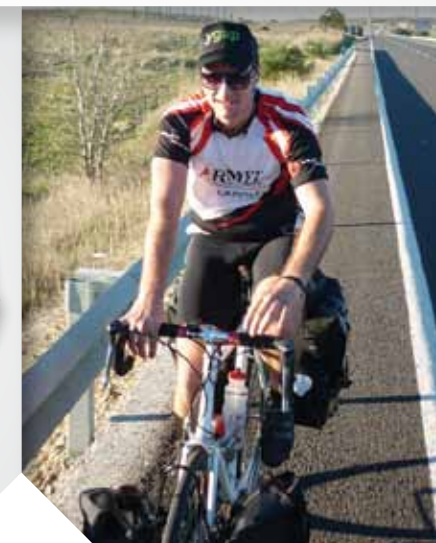
<ul style="list-style-type: none"> Energy bar 2 bottles of sports drink 	<ul style="list-style-type: none"> Energy bar 1.5 bottle Sandwich Gel 	<ul style="list-style-type: none"> Energy bar 1.5 bottle Gel 	<ul style="list-style-type: none"> Energy bar 1.5 bottle Gel 	<ul style="list-style-type: none"> Energy bar 1.5 bottle Gel
START	1HR	2HR	3HR	4HR
	<ul style="list-style-type: none"> Energy bar 1.5 bottle Fruit Chews 		<ul style="list-style-type: none"> Fruit slice 1.5 bottle Gel Chews 	

SEAN CONNELL

WHAT'S IN THE PACK:

Bananas, fruit cake, bars, gels and if a really long ride a honey and peanut butter sandwich.

“Eat a bar or gel just prior to a climb to give yourself a psychological boost. If it is a really long climb (15-20km) have another one about half way up.”



ANDREW FELL

WHAT'S IN THE PACK:

Energy gels, muesli bars, bananas, Winners Cadel's Mountain Mix bars.

“Find what works for you; try new stuff in training and not in races.”



DANIEL OYSTON

WHAT'S IN THE PACK:

Cadel's Mountain Mix, energy chews and water/electrolyte mix.

“I use energy chews for a bit of a pick-me-up emergency or if I start to feel hungry”.





If you are planning a ride to last for a couple of days, it becomes even more important your body has the fuel it needs to ride, recover and then ride again.

RULES FOR NUTRITION ON EXTENDED RIDES



1. PLAN AHEAD

When planning a long ride ensure you calculate how much food you will need. Find out whether the places you are staying have access to suitable food.



2. SCHEDULE WHEN YOU EAT

Set your watch as reminder to eat and drink something every 20 mins.



3. SET A CARBOHYDRATE GOAL

For rides over consecutive days aim for 80-100g of carbs every hour. This helps recovery and reduces the amount you must eat off the bike.



4. VARIETY

Eating the same things can get tedious. Have a range of different flavoured energy products, as well as fruits and some light sandwiches.



5. PREPARE FOOD FOR AFTER THE STAGE

Aid recovery by having food or drink prepared to eat immediately after the ride.

TOUR DE FRANCE

RACE FACTS:

- 21 days of racing.
- 3,430.5 km (the equivalent of riding from Melbourne to Perth).
- Cyclists spend over 90 hours racing during the 3 weeks.

- Highest summit 2,645m (400m higher than the highest mountain in Australia).
- Average speed of 39.79km/hr with top speeds nudging 100km/hr.

- A TDF rider requires between 5,000 and 9,000 calories per day. (That's about 28 cheeseburgers).
- The food needs to be high quality and provide sustained energy.

RIDE WEST AFRICA

WINNERS WERE PROUD TO SUPPORT FOUR YOUNG AUSTRALIANS AS THEY CYCLED 7500KM THROUGH WEST AFRICA TO RAISE AWARENESS OF AND HELP PREVENT CHILD SLAVERY IN GHANA. THE PRODUCTS WE SENT OVER HELPED THEM TO REPLACE SOME OF THE 3200-4800 CALORIES THEY USED EACH DAY.

“Riding for four months is hard work, especially in Africa where safe food and water were hard to come by. You learn quickly that good nutrition is vital to being able to keep going day after day.” *Sean Connell*

RIDE FACTS

- **Starting Date:**
2 November 2010 Seville Spain
- **End Date:**
28 February 2011 Doryumu Ghana
- **Distance ridden:** 8000km

- **Average riding per day (excluding rest days):**
110km (Actual daily varied between 60-180km)
- **Estimated daily calories used riding:** 3200-4800

- **Weight carried on bike:** 25-50kg
- **Countries crossed:** Spain, Morocco, Western Sahara, Mauritania, Senegal, The Gambia, Mali, Burkina Faso, Ghana

TO FIND OUT MORE: WWW.RIDEWESTAFRICA.BOUNCE.COM.AU



During a ride you damage your muscles, deplete energy stores and place strain on all the body's functions. To recover properly requires **carbohydrates** to restore energy and **protein** for growth and repair of muscles.

POST RIDE RECOVERY

IMMEDIATELY



To speed your recovery process have a snack containing **carbohydrates** and **protein** ready to eat immediately after your ride. A chocolate milk is a good option.

15-30 mins after a ride the body can replace lost glycogen at 150% the normal rate.

1-2 HOURS



Continue to **replenish your glycogen stores** and **supply protein**. Suitable foods include yoghurt, fruit, protein shakes, Winners GYM protein bars and rolls.

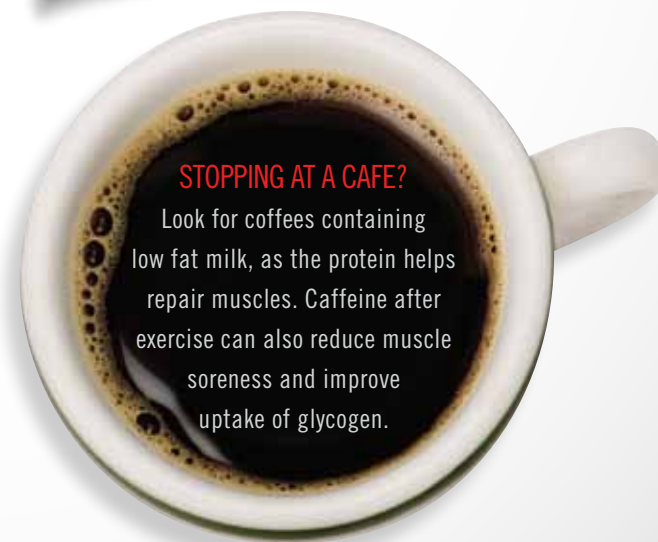
You should eat 50-100g of carbs within 2 hours of exercise.

DINNER



A large **carbohydrate** and **protein** rich meal, along with plenty of fluids, should be consumed for dinner. Homemade pizza, pasta with meat sauce or lean beef burgers are good options.

Aim for 3:1 carbohydrates to protein ratio for muscle growth and repair.



STOPPING AT A CAFE?

Look for coffees containing low fat milk, as the protein helps repair muscles. Caffeine after exercise can also reduce muscle soreness and improve uptake of glycogen.

LEARNING FROM THE AFL

AFL FOOTBALLERS EMPHASISE THE IMPORTANCE OF PROTEIN IN RECOVERY FOLLOWING EXERCISE.

AFL RECOVERY TIPS

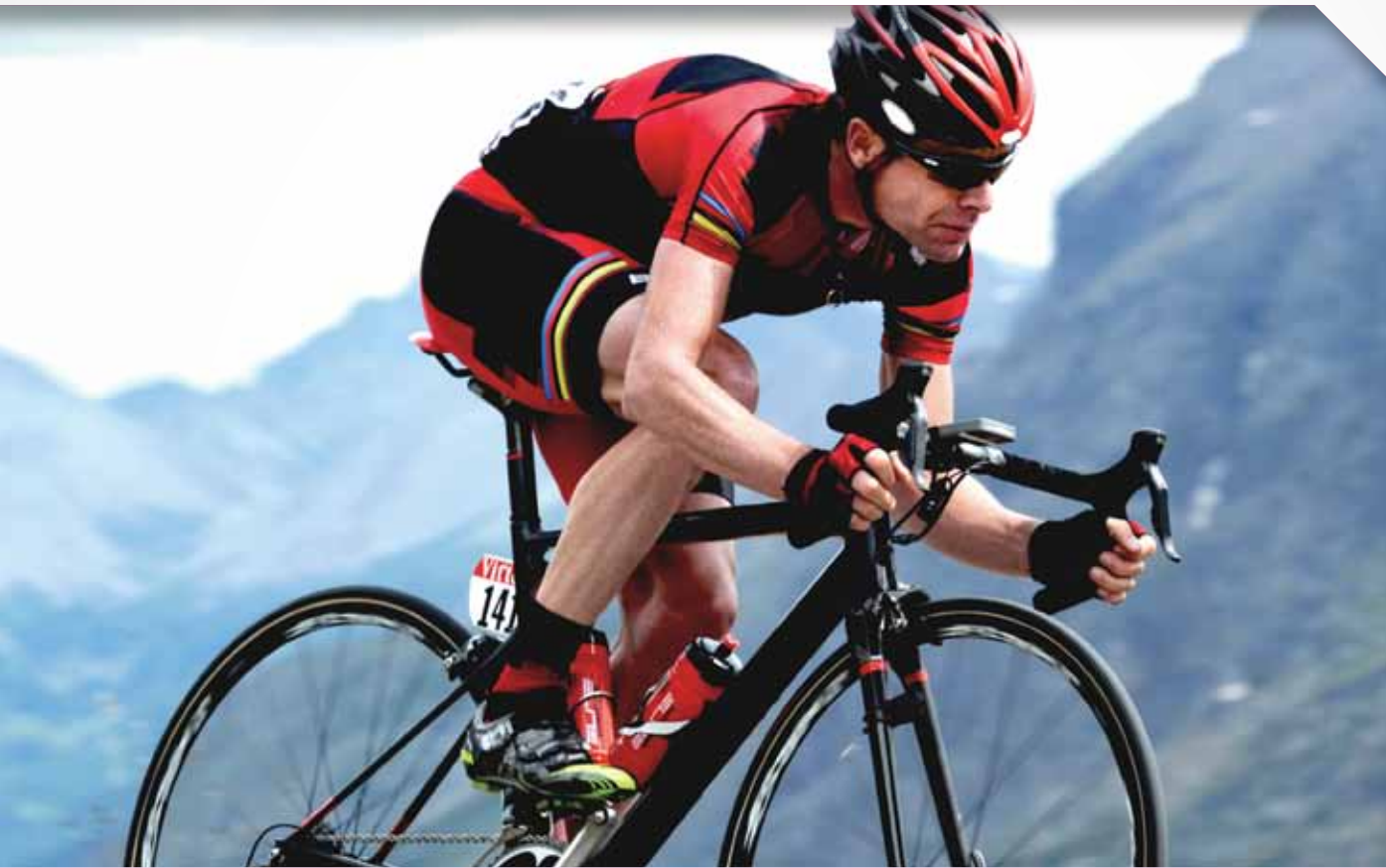
- **3:1 carbohydrates to protein** after every session.
- **Rest and recovery** – Aim for a good night's sleep and a 24-48 hr period of light training following hard workouts.

PROTEIN – THE FACTS

- Protein is in all the cells of your body and provides the building blocks for new cells and repairing older ones.
- Muscles are made from protein; whenever you exercise you cause slight damage to the muscles. Protein is required to repair this damage and strengthen the muscle.
- Protein alone does not increase muscle growth; it helps repair and restructure muscles after physical exercise.



What you eat and drink in the minutes after a session can make a big difference to recovery. I eat foods high in protein and carbohydrates to repair the muscles and to refuel my energy stores. *Scott Pendlebury - AFL Footballer*



Eating soon after your ride is vital to refuel energy stores, repair muscles and reenergise the brain.

What you eat and drink in the minutes after the ride can mean the difference between feeling good the next day and a very hard day at the office.

WINNERS' RECOMMENDED POST RIDE NUTRITION

- Protein Shake.
- Chicken Curry with Rice.
- Winners Energy Bar.
- Fruit.



SCOTT PENDLEBURY

AFL FOOTBALLER

"Have a plan and prepare food in advance of training. I focus on foods high in protein, low in fat and high in carbohydrates with plenty of water."

AFTER TRAINING NUTRITION

- Winners Recovery Bar
- Banana.



SARAH MCKAY

"The sooner you eat something the sooner you will recover."

POST RIDE NUTRITION

- Winners GYM Protein Bar.
- Banana & Water.



DISCOVER THE FULL RANGE OF WINNERS
ENERGY PRODUCTS AND SPECIAL COMBO
PACKS AT WWW.WINNERSBARS.COM



GET BETTER

Cadel Evans uses and recommends Winners Sports Nutrition

Winners

www.winnersbars.com